

## **Better Nutrition For Mature Adults**

- Drink 6 – 8 glasses of water every day.
- Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.
- Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.
- Eat food high in iron, which help the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.
- Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.
- Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

*This material is used with permission from the Nutrition for New Americans Project at Georgia State University.*

*Translation and printing were made possible by the Vermont Department of Health and Champlain Valley Area Health Education Center with funding from the U.S. Department of Health and Human Services, Office of Refugee Resettlement.*